

Three-in-a-Row Towel Game

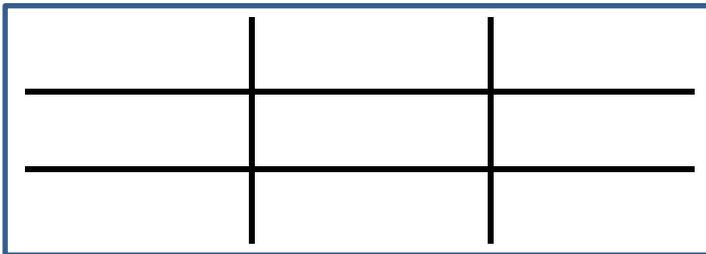
Instructions for 3-in-a-Row beanbag toss provided by Christine from Salt Lake County Aging Services, Caregiver Support Program.
 Photo provided by Mayarts.com

This is a home-made game that can be easily washed, carried and stored. The Three-in-a-Row Towel game is designed for both indoor and outdoor use. It is a quick way to involve all generations and encourage chair bound or frail individual to participate in the game.

Items Required:

- 1 Bath Towel
- 2 packages of double fold seam binding (can be substituted for heavy lace)
- ½ yard of scrap fabric (for beanbags, two different colors of ¼ yard each if possible)
- 1 pound of pinto beans

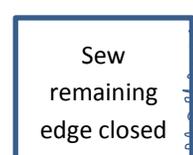
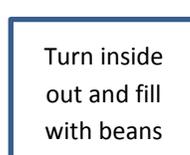
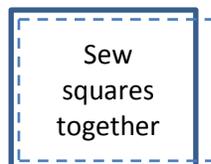
Instructions:



- Fold the towel into thirds on the long length, and iron the folds. This will give you lines to follow when sewing on the ribbon or seam binding.
- Then, fold the towel into thirds using the short length and iron the folds. This will give you lines to follow as you complete the squares.
- Place the seam binding on ironed lines, using hem tape or tacky glue to hold the seam binding to the towel. Or, you can sew the binding or heavy ribbon into place. Repeat for all lines.

Six Bean Bags:

- Cut twelve 10-inch squares using the ½ yard of scrap fabric. Cut three squares in one color and three in another color, so the players can tell which bean bags they are playing with.
- Place two squares together, placing the good side of the fabric on the inside. Sew three sides of each square together and then turn the fabric square inside out, so the good part of the fabric is now on the outside. You have created a pocket with one side still open. Repeat for all 6 bags.
- Fill each square with approximately 2 cups of dried pinto beans.
- Tuck the material edges into the bag and hand sew the beanbag closed.



REMINISCENCE/ACTIVITY KITS

Activity kits assist caregivers in maintaining the stress and anxiety of those they care for, particularly those with Dementia or other forms of cognitive challenges. The kits also make a wonderful gift that others can offer a caregiver to make their care for those with Dementia more manageable and fun.

Garden Box

Small pots, seeds, work gloves, sun glasses, bottle water, small watering can, hummingbird feeder, silk flowers

Picnic Basket

Plastic plates, ketchup and mustard set, napkins, granola bar, Frisbee, sun visor, water, crackers, table cloth, magazine

Baking Kit

Plastic cookie cutters, rolling pin, oven mitts, recipe book, dish towel, baking magazines, recipes, timer, measuring spoons, measuring cups

Traveling Suit Case--Small suit case decorate with bumper stickers

Maps, swimsuit, flip flops, camera, post cards, magazine, flower lei, hat, sunglasses, socks

Sewing Kits

Patterns, pin cushion, pieces of fabric, tape measure, yarn, safety scissors

Jewelry Box

Costume jewelry, beads, scented sachets, finger nail file, nail polish

Purse

Wallet, keys, lipstick pack of Kleenex, granola bar, small book, pen, bottle of water, comb/brush, lotion

Tackle Box

Reel with large sinker attached, large bobber, large fish lure (hooks taken off) granola bar, work gloves, wipes, old fishing license, bottle of water, fishing proclamation, possibly a small fishing rod

Lunch Box

Granola bar, deck of cards, keys, handkerchief, bottle of water, small notebook and pen/pencil

Sensory Kits

Sand paper, feather, Velcro rolling curler, beads, lace, shammy, small ball, play dough, something that smells (sachet/handkerchief with scent on it) squeeze ball, different types of material (noisy, furry, glittery, ect) elastic bracelet, rice socks/bags, (can be scented too) nail file, sand, gel activities

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Nancy Madsen (Program Manager, Utah Caregiver Support Program) suggestions the following Pinterest link for additional ideas: pinterest.com/sherylsg/sensory-kits-dementia/ . Other respite and activity resources can be found at pinterest.com/slcoaging.